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Having Wellness During a Pandemic

When I first heard about this Covid-19 thing, I was so sad that I had to come home early from college. Knowing that I was not going to be able to see my friends or professors for a while and I was worried about how learning online was going to be. This past year, I was a Resident Assistant for a dorm with sophomores. When I heard about this contest, I thought about how important it is for an RA to learn and understand The Eight Dimensions of Wellness, because we work with other college students who are going through a rough time at school and being away from their families. Knowing what they need and what you could do for them is especially important when being a friend and a mentor.

The first dimension that stood out for me was having social wellness. I believe that social wellness is extremely important for college students, especially during this time. I've realized after talking to some of my residents after leaving college and going back home to a place they might not have friends or family that support them, can be very troublesome. So being there for them through messages or phone calls was vital to connecting with them as much as possible.

The second dimension that caught my attention was emotional wellness. An RA's job is to support and be there for their residents through the stressful, exhausting or exciting days. Celebrating with them during the fun and enjoyable days or being that shoulder, they can lean on during the rough times. Encouraging them and boosting them up all of the time, so they know you care about them and their future. Each month the RA's host an event that brings people together and connects the event to the wellness that we believe they need. For example, the weekend before finals we have a relaxing spa night where the girls can relax and hangout with everyone and enjoy the last weekend before they go back home. Sadly, we couldn't do that last semester, so instead we tried to send each of them an encouraging message the weekend before finals to boost them up and help them with the stressful

week ahead. I believe that having an emotional supporter is very important when you are stressed or down and need some uplifting, and I hope I was that person for my residents.

And finally, the last dimension that really caught my eye was having intellectual wellness. Obviously, all my residents are in college. After we got sent home because of the pandemic, they were very worried about how their classes were going to work and how school was going to end. I was nervous about this myself. I knew that learning was going to be different but did not really know what they were planning to do. So, as a mentor I felt distressed that I could not help or answer my resident's questions about this whole situation. Continuing to push through the difficult times in learning was critical to my resident's wellness. It was hard for them to recognize that the way of learning was going to be different, but thankfully we all made it out alive!

I believe that the three dimensions of wellness that I discussed are extremely important for young adults. Overall, having wellness can better a student's future. This past year was a great experience and I am so thankful that I got to learn about different people and learn how to recognize what others needs are. I am so excited to be a Resident Assistant again next year and I think we are all ready for this Fall Semester.